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THE INCREDIBLE JESSICA WILLIAMS

She talks about her role in Netflix's 'The Incredible Jessica James. 19

Harlem changes with new Whole Foods. 8

Marshall & OBJ could be unstoppable. 25

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CHANGING FACE OF JUSTICE

In the race for the Brooklyn DA's office, Ama Dwimoh is taking a progressive tack. 4

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LENYON WHITAKER, MULTIMEDIA EDITOR

As it turns out, Larry David is related to Bernie Sanders. Last year, during the U.S. presidential election, David made several appearances on "Saturday Night Live," performing as Bernie Sanders and it was spot-on. Many people were taken by surprise at the resemblance between the two and how David perfectly portrayed all of Sanders' mannerisms.

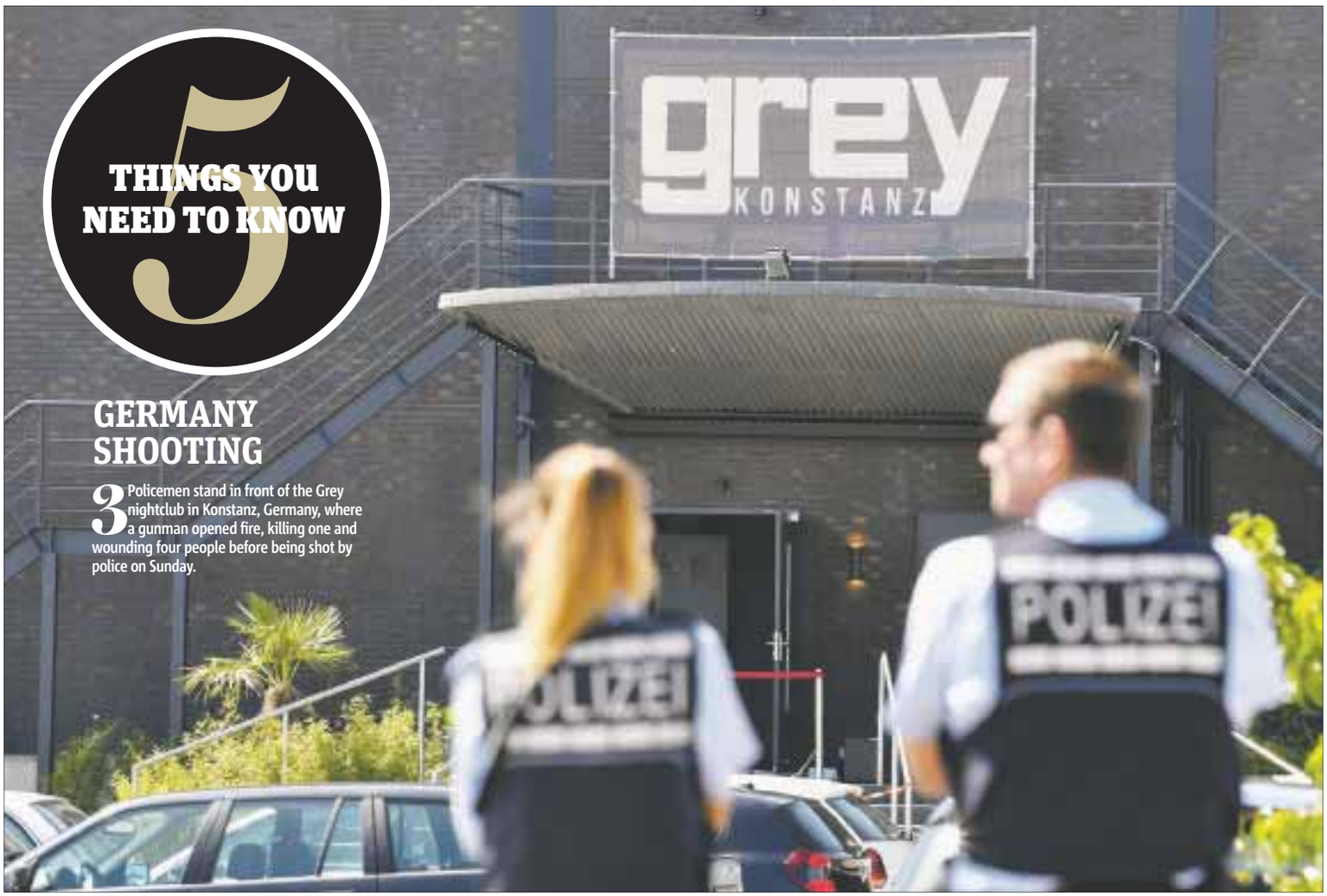
metro.us/entertainment

PUTIN: RUSSIA TO EXPEL 755 US DIPLOMATIC STAFF

1 President Vladimir Putin said Russia will expel 755 U.S. diplomatic staff and could consider imposing additional measures against the United States as a response to new U.S. sanctions, although not for now. Moscow ordered the United States on Friday to cut hundreds of diplomatic staff and said it would seize two U.S. diplomatic properties after the U.S. House of Representatives and the Senate approved new sanctions on Russia. Putin said in an interview with Vesti TV released on Sunday that 755 U.S. diplomatic and technical staff would have to leave Russia by Sept. 1. "Because more than 1,000 workers — diplomats and support staff — were working and are still working in Russia, 755 must stop their activity in the Russian Federation," he said.

DON'T GIVE UP: TRUMP TO REBPUBLICAN SENATORS

2 President Donald Trump and members of his administration on Sunday urged Republican senators not to give up trying to pass a healthcare bill, after they failed last week to muster enough votes to repeal and replace parts of Obamacare. For the second day running Trump tweeted his impatience with Congress' inability to accomplish its seven-year goal of replacing the Affordable Care Act, President Barack Obama's signature healthcare bill commonly known as Obamacare, while members of his administration took to the airwaves to try to goad lawmakers into action. Health and Human Services Secretary Tom Price said he would implement Obamacare because it is currently the law. "Don't give up Republican Senators, the World is watching: Repeal & Replace ..." the president said in a tweet.



GERMANY SHOOTING

3 Policemen stand in front of the Grey nightclub in Konstanz, Germany, where a gunman opened fire, killing one and wounding four people before being shot by police on Sunday.

TRUMP THREATENS TO END INSURANCE PAYMENT

4 President Donald Trump threatened on Saturday to end government payments to health insurers if Congress does not pass a new healthcare bill and goaded them to not abandon their seven-year quest to replace the Obamacare law. In a Twitter message on Saturday, Trump said, "If a new HealthCare Bill is not approved quickly, BAILOUTS for Insurance Companies and BAILOUTS for

Members of Congress will end very soon!" The tweet came a day after Senate Republicans failed to muster enough votes to repeal parts of the Affordable Care Act, President Barack Obama's signature healthcare bill commonly known as Obamacare.

DEFCON HACKERS TEST BALLOT SECURITY

5 Hackers attending this weekend's Def Con hacking convention in Las Vegas were invited to break into voting machines and voter databases in a bid to uncover vulnerabilities that could be exploited to sway election results. The 25-year-old conference's first "hacker voting village" opened on Friday as part of an effort to raise awareness about the threat of election results being altered through hacking. Hackers crammed into a crowded conference room for the rare opportunity to examine and attempt to hack some 30 pieces of election equipment, much of it purchased over eBay, including some voting machines and digital voter registries that are currently in use. "We encourage you to do stuff that if you did on election day they would probably arrest you," said Johns Hopkins computer scientist Matt Blaze.

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Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

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3 New York Monday, July 31, 2017

After years fighting child killers, Ama Dwimoh aims to lead Brooklyn DA's office

Borough president aide's values are aligned with reforms the late Ken Thompson ushered in during his administration.

AMY RUSSO
@MetroNewYork
letters@metro.us

In January 2006, 7-year-old Nixzmary Brown was murdered at the hands of her own parents. The case not only rocked New York, it would also come to define the work of Ama Dwimoh and her run for Brooklyn district attorney.

Dwimoh, 53, who served as the lead prosecutor in the Brown case, secured convictions of the victim's stepfather, Caesar Rodriguez, who delivered the fatal blow, and her mother, Nixzaliz Santiago, who did nothing to save her daughter. (Rodriguez got a sentence of 29 years; Santiago got 43).

While the harrowing story shocked the city, Dwimoh, who served as an assistant prosecutor in Brooklyn for 22 years, knows all too well the trauma children face from their abusers. "Every case was the worst case," she said. "Looking into the eyes of children and seeing the betrayal of trust is something that motivated me and impacted me greatly."

Dwimoh, a longtime Prospect Heights resident and a top aide to Borough President Eric Adams, is preparing for the September primary as she makes a run to be the Democratic nominee for Brooklyn DA, with the potential to be named the first African- and Native American woman to assume the office.

Among her goals in office is a toughening of the laws related to crimes against children.

22
DWIMOH SERVED AS AN ASSISTANT PROSECUTOR IN BROOKLYN FOR 22 YEARS.

On the campaign trail, Dwimoh has championed the Child Victim's Act, sponsored by state Senator Brad Hoylman, which would change time restrictions on the prosecution of child sex abusers. Current laws require that cases be brought against perpetrators by the time the survivor is 23 years old, after which time prosecution is no longer possible.

The bill has faced resistance from opponents who are concerned about the financial consequences of such a measure and its impact on institutions such as the Catholic Church. Dwimoh asserted that the opposition is largely political. "I really can't imagine people are thinking about the children or the survivors," she said. "It's not good enough to sit on the sidelines."

Ama Dwimoh in Downtown Brooklyn. CARLOS LLAMAS

However, Dwimoh doesn't just intend to bring to justice those guilty of past crimes; she also wants to exonerate those who aren't guilty. Since the start of former DA Ken Thompson's administration, which ended last October when he died from cancer, the office strengthened its conviction review unit, which helped overturn convictions for 23 individuals. Dwimoh has called for investigating those who had a role in wrongful convictions.

Dwimoh will face a crowded primary field of competing Democrats in September that includes current acting District Attorney Eric Gonzalez, who has run the office since Thompson's death; former prosecutors Marc Fliedner, Patricia Gatling and Anne Swern; attorney Arthur Aidala and City Councilman Vincent Gentile. The winning nominee will go on to face a Republican opponent in November.

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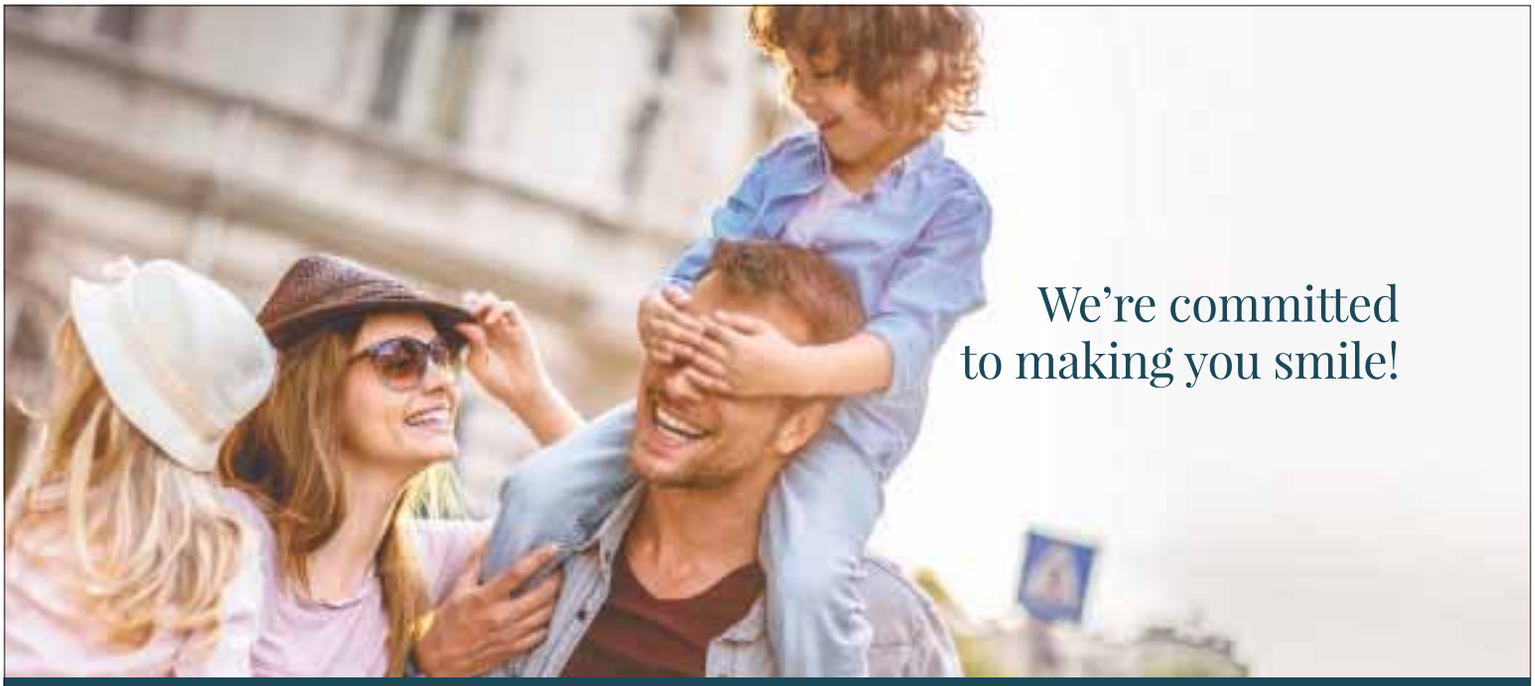

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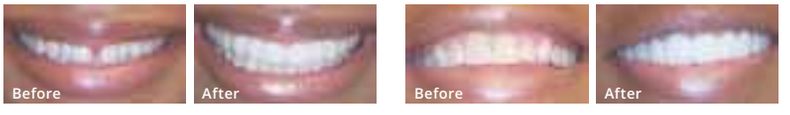

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Queens woman Vickie Paladino went viral for heckling the mayor. (PROVIDED)

De Blasio heckler joins Dietl campaign

Queens woman who went viral criticizing mayor enters politics.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

A Queens woman who made headlines last week for going after Mayor Bill de Blasio during a press conference in Whitestone has joined independent mayoral candidate Bo Dietl's campaign staff.

Vickie Paladino, 63, claims she was just driving by at random when she saw the mayor and jumped out of her car to accuse de Blasio of letting his "police officers down" by leaving the city to attend the G-20 summit in Germany the day after NYPD Officer Miosotis Familia was fatally shot in the line of duty on July 5.

Now she has since joined the campaign staff of Dietl, a former NYPD detective and fellow vocal de Blasio critic.

"My ma always said, 'All you needed was a soapbox, well I finally got my soapbox. Thanks, mom," Paladino said.

Dietl shot down rumors that Paladino was planted at de Blasio's press conference.

"She's not a plant, but I'm telling you right now, I love her energy, and I think the mayor's going to be seeing a lot more of Vickie," he said.

De Blasio's campaign did not comment on Paladino or Dietl, and said he is running on his record.

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Harlem residents and workers are getting to know a new Whole Foods in the neighborhood. BESS ADLER

Harlem residents react to new Whole Foods

"I'll like having food that's good for me, but I hate that it pushes the blackness out of the community," one neighbor said.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Gentrification in Harlem is evident as you walk along 125th Street from St. Nicholas Avenue to Malcolm X Boulevard, where the historic neighborhood's first Whole Foods just opened.

Amid landmarks like the Apollo Theater and Hotel Theresa and longtime businesses such as Jimmy Jazz are newer neighbors like Red Lobster, Banana Republic and that 40,000-square-foot Whole Foods, which opened last Friday in the lower levels of a complex housing an Olive Garden, Burlington, American Eagle and Raymour & Flanigan.

A steady stream of patrons flowed in and out of Whole Foods on Tuesday morning, on their way into and out of the nearby 2/3 station, or, like G. "Lucky" Jones, who lives around the corner on 124th Street, waiting for a bus.

"Look around you. Of course it's an improvement," she said. "I'm glad it's in the neighborhood."

Larmont McAllister, who was sitting next to Jones, said that if it "gives jobs for the community, it'll be a great thing."

With the Whole Foods came 200 jobs, with "around 35" of them filled by Central Harlem residents, according to a statement from the company. There are also hiring partnerships with local organizations, including Hot Bread Kitchen, which the company has been working with since 2011.

Five percent of opening-day sales went to local charity Harlem Grown, and products from The Harlem Pie Man, Sylvia's, Egunsi Foods and more than a dozen other Harlem brands are available. Additionally, the new store includes Whole Foods' first kebab grill serving Mediterranean fare, as well as its first Cuban food and coffee venues.

"I feel bad for the local businesses, the street guys," said Jose Valdez, who works nearby.

One bodega owner who asked not to be named said that he is a "little nervous" about Whole Foods opening, "but it's too soon to tell" how it may affect his business.

Shakir Ansari, however, who runs a fruit stand on the corner of 126th Street and Malcolm X Boulevard, has already seen a change less than a week after the market opened.

"Our customers are still coming to us because we're much, much cheaper," he said as he counted out change for several customers. "I'm delighted my sales have increased."

Though the dozen or so New Yorkers that Metro interviewed for this story were positive about the new Whole Foods, some do see its presence as a negative.

One Twitter user said that "white people really know no boundaries," while another called it the "absolute final nail in Harlem's coffin."

Kristy Lyons lives on 126th Street and tweeted July 10 that her life and neighborhood were about to change with the opening of Whole Foods.

She told Metro via phone that she has mixed feelings about Whole Foods' arrival.

"I'll like having food that's good for me, but I hate that it pushes the blackness out of the community. I hate the implications that come with the changing demographic. There are very few monuments to black history remaining."

"Look around you. Of course it's an improvement. I'm glad it's in the neighborhood."

G. "Lucky" Jones

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GOV. CUOMO'S $5.6B LIRR BAG OF TREATS

Stand by for higher fares and taxes in coming years to cover increasing repair costs.

Penn Station commuters may want to prepare themselves for cost increases. GETTY IMAGES

LARRY PENNER

Analysis

Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation Federal Transit Administration Region 2 NY Office.

Understanding Gov. Andrew Cuomo's announcement of his "historic $5.6 billion transformation of the Long Island Rail Road" to benefit riders is like peeling an onion to find the details.

Most of the projects he referenced have been underway since the MTA's original $29 billion 2015-2019 five-year capital plan was approved in May 2016. There is little new besides $1.95 billion for the Main Line third track.

What he didn't say is important to riders and taxpayers who have to pick up the tab. No comment about the $5.8 billion he still owes toward fully funding the $32 billion MTA 2015-2019 five-year capital plan. Add an additional $1 billion he pledged in response to recent NYC subway and Penn Station problems.

Construction costs for the Gateway Tunnel total $29 billion. Gov. Cuomo committed to contributing 25 percent of the total cost, but he has yet to identify the source of his $7.25 billion.

The MTA $29 billion 2015-2019 five-year capital plan was increased by a $3 billion amendment to $32 billion. The Main Line third track is the beneficiary of $1.95 billion. This amendment added $1.6 billion in MTA long-term debt. If the construction bids come in above the engineers' estimate, who will pay for the shortfall? MTA LIRR failed to follow federal NEPA environmental guidelines, forfeiting any opportunity for Federal Transit Administration funding. The original cost of this project grew from $600 million 10 years ago, $1 billion two years ago, $1.5 billion last year, and today is $2 billion. Tomorrow, who knows? It's anyone's guess.

Completion of double tracking for the Ronkonkoma branch will cost $387 million. Double tracking from Farmingdale to Ronkonkoma was part of the original scope of work for electrification of the Ronkonkoma LIRR branch. It was completed in December 1987. To save the project due to insufficient funding, double tracking was dropped in favor of single track electrification and passing sidings. The project will not be completed 16 months early, as Cuomo boasts, but rather 31 years late! There will be no increase in rush-hour service. Without finishing the Main Line third track by 2021, along with East Side access to Grand Central Terminal by 2023, there is no Penn Station capacity for additional Ronkonkoma rush-hour service. Penn Station has been operating at 100 percent capacity for decades. Amtrak, New Jersey Transit and Metro North also have long-term plans to increase Penn Station service.

When it comes to paying for all his promises, Cuomo reminds me of Wimpy, who famously said, "I'll gladly pay you Tuesday for a hamburger today." Stand by for higher fares and taxes in coming years to cover the costs.

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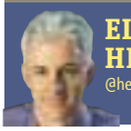
White House Communications Director Anthony Scaramucci GETTY IMAGES

TRUMP'S AMERICA

READY, AIM ... PUT THAT WEAPON DOWN, MOOCH!

OPINION



ELLIS HENICAN
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Beware of the circular firing squads.

There comes a time in the life cycle of any dysfunctional organization when the frustrated leaders begin to turn on each other. It's only natural. Things are going badly. People never want to blame themselves. So one by one, they turn on each other. Allies are identified as enemies. Scapegoats are singled out. Then, the villains of the moment are filled with lead.

Figuratively, of course, leaving them with no choice but to leak dreadful stories about the people who did them in.

Welcome to the West Wing of the White House, late-summer 2017. Sean Spicer's gone. Reince Preibus is gone. Who will be dispatched next from Trump World?

Anthony Scaramucci, the new White House director of character assassination, has the hottest hand right now. In an F-bomb tirade to the New Yorker's Ryan Lizza, he put a bead on Preibus, senior counsel Steve Bannon and the entire White House communications staff, correctly predicting that Preibus was a dead man walking as chief of staff.

So there.

But here's the thing with these circular firing squads. The slaughter doesn't end. Today's assassin is tomorrow's target. And on and on it goes.

The Mooch had barely hung up the phone when someone was leaking that Deidre Scaramucci was so fed up with her husband's sycophantic love for Donald Trump she'd filed for divorce even though she was nine months pregnant. A shot like that, wherever it came from, could not be left answered for long. So a Scaramucci crony named Arthur Schwartz promptly began tweeting unsavory rumors about Preibus' personal life.

Ick!

And just to stay where he likes to be, which is wherever the action is, the itchy-fingered president kept up his weeklong Twitter assault on his own "beleaguered" attorney general, Jeff Sessions. Only one question lingers there: Will the eventual cause of Sessions' departure be homicide or suicide.

No one's safe at times like these, including the man at the top. The circle narrows. All loyalties are in doubt. Get the morgue wagon over here. We'll soon have another one.

Metro columnist Ellis Henican is a veteran journalist, bestselling author and frequent commentator on CNN and other TV networks. Follow him on Twitter @henican.

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President Donald Trump with incoming chief of staff John Kelly. GETTY IMAGES

New Trump chief of staff inherits White House chaos

GOP hopeful that weeks of internal turmoil could end.

Republicans on Sunday urged President Donald Trump's new chief of staff John Kelly to rein in the chaos within the White House on Monday but said the retired Marine Corps general will be challenged to assert control.

In his first six months in office, Trump has upended White House convention with a loose decision-making style and an open-door policy to his Oval Office for advisers, both internal and external. Infighting among his senior staff has become bitter and public.

"He's going to have to reduce the drama, reduce both the sniping within and reduce the leaks, and bring some discipline to the relationships," Karl Rove, a Republican strategist and former White House adviser to George W. Bush, said on "Fox News Sunday."

Trump announced Kelly would replace his embattled chief of staff Reince Priebus at the end of a particularly chaotic week that saw his first legislative effort — healthcare reform — fail in Congress.

"He [Trump] is in a lot of trouble. This week was the most tumultuous week we've seen in a tumultuous presidency," Rove said.

On top of the healthcare debacle, Trump came under fire for banning transgender people from the military, and was pilloried for politicizing a speech he made to the Boy Scouts.

> *"He's going to have to reduce the drama, reduce both the sniping within and reduce the leaks, and bring some discipline to the relationships."*
> Karl Rove

Adding fuel to the fire, his new communications director Anthony Scaramucci unleashed a string of profane criticism about Priebus and Trump strategist Steven Bannon to a New Yorker magazine reporter.

Republicans welcomed Trump's decision to bring in Kelly, who starts on Monday.

"I think he will bring some order and discipline to the West Wing," said Republican Sen. Susan Collins and Trump critic on NBC's "Meet the Press."

The last week heightened concerns in Trump's party that the distractions and West Wing dysfunction would derail other legislative priorities, including tax reform and debt ceiling negotiations.

White House Budget Director Mick Mulvaney said he thought Priebus had been effective "but was probably a little bit more laid back" in the way he ran the office.

"I think the president wants to go in a different direction, wants a little bit more discipline, a little more structure in there," said Mulvaney, who reports to the chief of staff.

It is not yet clear whether all of Trump's senior staff will answer to Kelly. Some members, including Scaramucci and senior counselor Kellyanne Conway, report directly to Trump, a structure which gives them more power.

"I will do whatever the president and our new chief of staff General Kelly ask me to do," Conway told Fox News' "Fox News Sunday." REUTERS

Gianforte gets 40 hours community service

Montana congressman will work at wheelchair nonprofit.

Congressman Greg Gianforte went viral for punching a reporter. GETTY IMAGES

U.S. Rep. Greg Gianforte will perform community services at a Montana nonprofit that builds wheelchairs for children after pleading guilty to assaulting a reporter during his election campaign, local media reported on Sunday.

Gianforte was ordered to do 40 hours of volunteer work as part of his sentence for attacking Ben Jacobs, a correspondent for Britain's Guardian newspaper, on May 24, the day before a special election to fill Montana's sole congressional seat. He has a Nov. 28 deadline to complete the community service.

Gianforte, a technology executive elected to fill the seat vacated when Ryan Zinke was appointed U.S. Interior Secretary, will work with ROC Wheels, which builds custom wheelchairs for children, Steve Ette, director of Gallatin County Court Services, told the Bozeman Daily Chronicle.

Gianforte's altercation with the reporter was portrayed at the time as an example of the new toxicity of American politics. Critics of President Donald Trump say his strident criticism of the media has encouraged violence against journalists, while his supporters say many journalists are too aggressive and disrespectful.

Jacobs, a political reporter for the U.S. edition of The Guardian, said Gianforte had "body-slammed" him, breaking his eyeglasses, when he posed a question about healthcare during a campaign event in Bozeman.

After initially defending his actions, Gianforte later apologized to Jacobs and pledged to make a charitable contribution.

While imposing no jail time, Gallatin County Justice Court Judge Rick West also required Gianforte to complete 20 hours of anger-management counseling. The congressman has told the court he will see a Bozeman therapist.

Gianforte and representatives of the court could not be reached for further comment. REUTERS

North Korea missiles spark security tests

South Korea tests its missile defense system. GETTY IMAGES

The United States said it shot down a medium-range target ballistic missile in its latest test of the country's THAAD missile defense program, which is designed to protect the country against potential threats from countries such as North Korea and Iran.

The test, conducted over the Pacific Ocean, comes amid heightened tensions with North Korea, which on Saturday said it had conducted its own successful test of a long-range intercontinental ballistic missile (ICBM) that proved it has the capacity to strike American's mainland.

The latest U.S. test of the Terminal High Altitude Area Defense (THAAD) system was planned well before North Korea's latest missile launch, but it comes at a time of rising tension with the country since Pyongyang launched its first-ever test of an ICBM on July 4.

The Missile Defense Agency (MDA) said Sunday that the U.S. has now successfully intercepted test targets 15 times for its THAAD weapon system, though the latest test involved a medium-range missile, and not the long-range kind being tested out of North Korea.

Earlier in July, the U.S. conducted its first THAAD test against a long-range intermediate-range ballistic missile similar to the kinds being tested in North Korea.

MDA Director Lt. Gen. Sam Greaves said the tests would enhance "our ability to stay ahead of the evolving threat." REUTERS

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Why Knee Arthritis Sufferers Of Almost All Ages Are

New York Doc's Merge Best of High Tec

Fraction of the cost, minimal risk and

Hundreds of arthritis sufferers from tri-state area calling weekly

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

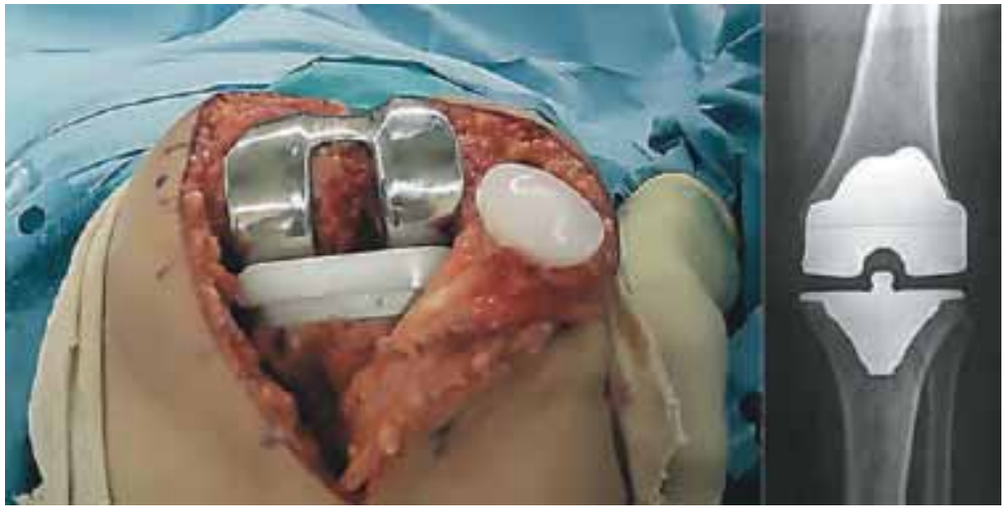
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery

ch Medicine And All Natural Treatments

d little to no downtime amongst top reasons.

to find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comphrensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricat-ing fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciat-ing.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.

Advanced Medical Technology Can Make All The Difference: **This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past.** ***NY Pain MD*** **uses this P.A.T. Imaging Technology. with each and every treatment.**

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist an-swers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obliga-tion screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solu-tion to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

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- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

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Forbes: Amazon's Jeff Bezos becomes world's richest

Briefly takes top spot on list from fellow tech titan Bill Gates.

90.6

AMAZON.COM'S METEORIC STOCK RISE TO REACH $90.6 BILLION, FORBES REPORTED

Amazon.com Chief Executive Jeff Bezos has unseated fellow tech billionaire Bill Gates as the richest person in the world, profiting from the e-commerce company's meteoric stock rise to reach a fortune of $90.6 billion, Forbes reported.

Bezos, a relative newcomer to the top of Forbes' list, has benefited from the seemingly boundless expansion of Amazon into new markets. The company, which started as an online bookseller, now plans to acquire Whole Foods Market at the same time it is making strides in the fashion business, Hollywood, enterprise computing and general retail from India to Mexico.

As Amazon stock prices dipped, Bezos dropped back down to No. 2 under Gates, but the milestone was nonetheless noted by the business community. Reuters could not independently verify the wealth of Bezos or Gates. REUTERS

Jeff Bezos, founder and chief executive officer of Amazon, arrives for the morning sessions during the Allen & Co. Media and Technology Conference in Sun Valley, Idaho, on July 13. BLOOMBERG VIA GETTY IMAGES

As downloaded music fades away, Apple discontinues older iPod models

Apple Inc. said it will discontinue the iPod Shuffle and iPod Nano, the last two music players in the company's lineup that cannot play songs from Apple Music, its streaming service that competes with Spotify and Pandora Media Inc.

The two devices are the direct descendants of the original iPod, introduced by then-CEO Steve Jobs in 2001, widely seen as putting Apple on the eventual path toward the iPhone. The Shuffle and Nano can only play songs that have been downloaded from iTunes or from physical media such as CD.

Apple said the new iPod line will consist of two models of the iPod Touch ranging form $199 to $299 depending on storage capacity. The iPod Touch is essentially an iPhone without mobile data service and runs iOS, the same operating system as iPhones and iPads.

It is capable of streaming music from Apple Music and running the same apps as iPhones. Apple does not break out sales figures for iPods but says the iPod Touch is the most popular model. REUTERS

Apple iPod GETTY IMAGES

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Beatles' company wins lawsuit over Shea Stadium concert rights

U.S. District Judge George Daniels in Manhattan said Sid Bernstein Presents LLC, named for the concert's promoter, failed to show it deserved sole control over the Aug. 15, 1965, footage and deserved damages reflecting its many subsequent uses.

Apple Corps, the company founded by members of the Beatles, on Wednesday won the dismissal of a lawsuit seeking the rights to the master tapes of the band's celebrated 1965 concert at New York's Shea Stadium.

U.S. District Court Judge George Daniels said the company, which said it had been assigned Bernstein's rights, could not claim to be the "author" of a copyrightable work even if Bernstein were the driving force behind the sold-out concert because he did not film it.

"The relevant legal question is not the extent to which Bernstein contributed to or financed the 1965 concert; rather, it is the extent to which he 'provided the impetus for' and invested in a copyrightable work — e.g., the concert film," Daniels wrote. "The complaint and relevant contracts clearly refute any such claim by Bernstein."

Donald Curry, a lawyer for Sid Bernstein Presents, said in an interview his client would review the decision, and that "based on a preliminary review, I believe there are grounds to appeal."

Lawyers for Apple did not immediately respond to requests for comment.

Apple is based in London and has been controlled by Paul McCartney; Ringo Starr; John Lennon's widow, Yoko Ono; and the estate of George Harrison.

The Beatles perform at Shea Stadium, New York on Aug. 15, 1965. (L-R) John Lennon, Paul McCartney, George Harrison, Ringo Starr. MICHAEL OCHS ARCHIVES/GETTY IMAGES

Sid Bernstein Presents had filed its lawsuit last September, claiming that Beatles manager Brian Epstein had taken custody of the master tapes without permission.

It said footage was later used in many documentaries such as "The Beatles at Shea Stadium" in 1966, "The Beatles Anthology" in 1995, "The Last Play at Shea" in 2010 about Billy Joel's final concerts there, and the Ron Howard-directed "Eight Days a Week: The Touring Years" in 2016.

Sid Bernstein was a promoter and producer for many other recording artists including Tony Bennett, James Brown, Ella Fitzgerald, Herman's Hermits and the Rolling Stones. He died in 1993 at the age of 95.

REUTERS

HUDSON TUNNEL

DRAFT ENVIRONMENTAL IMPACT STATEMENT PUBLIC HEARINGS
for the Hudson Tunnel Project

The Federal Railroad Administration and NJ TRANSIT are jointly preparing an Environmental Impact Statement (EIS) to evaluate the Hudson Tunnel Project. The Project is intended to preserve the current functionality of the Northeast Corridor's (NEC) Hudson River rail crossing between New Jersey and New York and strengthen the resiliency of the NEC. The Hudson Tunnel Project DEIS evaluates a Preferred Alternative that consists of construction of a new passenger rail tunnel between Secaucus Junction, New Jersey, and Penn Station New York (PSNY), along with accompanying infrastructure, to allow for the rehabilitation of the existing North River Tunnel, without major interruption in NJ TRANSIT and Amtrak NEC service. The DEIS also contains a Draft Programmatic Agreement (PA), prepared in compliance with Section 106 of the National Historic Preservation Act, which explains what impacts to historic and archaeological resources are and how they will be avoided, minimized, or mitigated.

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Each hearing will include an afternoon and evening session, from 3-5 PM and from 6-8 PM with a brief presentation about the Project at 3:15 PM and again at 6:15 PM. Members of the public will be able to provide oral comments or submit comments in writing. The hearing facilities will be accessible to persons with disabilities. Spanish and American Sign Language translators will be present. If special translation or other accommodations are needed, please contact the Project team five days prior to the hearing at 973-261-8115, or email team@hudsontunnelproject.com. For more information or to review the Draft Environmental Impact Statement, visit www.hudsontunnelproject.com.

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Rachel Lindsay missed her bachelorette party

Did Rachel Lindsay from "The Bachelorette" miss her own engagement party? Maybe!

According to Us Weekly, "Bachelor" alums Raven Gates, Danielle Lombard, Jasmine Good, Sarah Vendal, Alexis Waters and yes, Astrid Loch — who maybe spilled the beans about Lindsay's now-fiancee — celebrating the bride without the dang bride. "Bachelor" alums, I tell ya.

The intention was reportedly to celebrate Lindsay's engagement, but once the "Bachelorette" star missed her flight, they decided to just whittle their trip to Punta Cana down to the important stuff: Taking lots and lots of Instagram pictures! Because a party's not a party until you've gone mini golfing. And hung out on hammocks. And binged on champagne.

As far as Lindsay, Waters tells Us Weekly, Lindsay is so happy, it's actually borderline terrifying. "She's creepily happy. Every time I hang out with her she's talking about him 24-7. … She's in love." Girl, I guess!

Tell us more! ALL PHOTOS GETTY IMAGES

Oprah just found out about Mindy Kaling too

Remember when we found out that Mindy Kaling was pregnant, and we were all like, "Wait, what?" Well, Oprah felt the same way. The 63-year-old shared with People that she only recently found out Kaling was pregnant.

The two were standing in the press line for "A Wrinkle in Time" at Disney's D23 earlier this month when Kaling decided to break the news. "That's when she told me. My mouth drooped," Winfrey says. "'What did you just say?' she said, 'Oh, Oprah, I don't think you know. I'm five months pregnant.' And I said 'WHAAAAT?!'"

Raise your hand if you can hear Oprah saying, "WHAAAT?!" in your head.

Gaga dodges Dr. Luke's subpoena

The Kesha vs. Dr. Luke saga continues — and now, Lady Gaga is involved.

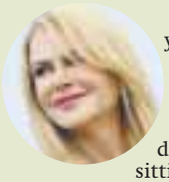
Kesha's former producer and alleged abuser officially subpoenaed Lady Gaga for a deposition on Saturday, based on text messages that Kesha exchanged with the "Perfect Illusion" singer. In the texts from 2013, Kesha details an incident of alleged sexual assault, calling Luke a serial rapist.

Gaga doesn't have time for this.

So now, the doctor without a doctor degree wants Gaga to turn over the texts. Luke and his team have been trying to get Gaga — née Stefani Germanotta — to sit for a deposition since March. But her lawyer is like, "No thanks!" "Germanotta's counsel continues to provide [him] with a date for her deposition and claims Germanotta cannot appear for a deposition because she is commencing her world tour on Aug. 1, 2017," Movit says. Yeah, some of us have lives!

Y'all know I'm vehemently #TeamKesha on this one, so here's hoping.

Sure: Nicole Kidman wants to do comedy



Over the weekend at the Television Critics Association summer press tour actress Nicole Kidman opened up about her roles in the second season of "Top of the Lake" and "Big Little Lies." And trust us, she knows she's having the best year of her life.

"I love that for the two series that I've done on TV, I'm sitting with women up here," she said. "Is something changing?" Sure is, Kidman. Like, the political climate of our country, and global warming for one.

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The incredible Jessica Williams

The 27-year-old comedian talks her starring role in Netflix's "The Incredible Jessica James."

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Jessica Williams is kind of a big deal. You already know the actress and comedian from her tenure on "The Daily Show" and her WNYC podcast "2 Dope Queens." Now she's getting her first starring role in a feature film, "The Incredible Jessica James," which she also executive produced. Director Jim Strouse even wrote the role for her.

But while the 27-year-old has "made it," by conventional standards, the character she plays isn't quite there yet. A 25-year-old aspiring playwright living in "deep Bushwick," Jessica James is having a bit of an identity crisis after she and her boyfriend break up.

In one scene, James meets her idol, playwright Sarah Jones, who tells her you never feel like you've made it; it's always a process. Williams concurs.

"It reminds me of yoga, when you're doing your poses and your instructor's like, 'Don't fiercely correct yourself; gently correct yourself and remind yourself to be back in the present,'" she tells me at the Bryant Park Hotel. "When I'm like, 'Am I making it? Am I doing this?' I feel such urgency. But then I'm like, "No you're doing it, you're in it.' Gently reminding myself that is really nice.

This is yet another tale of a 20-something in Brooklyn trying to figure out her life. Is this one different because Jessica is more firm in what she wants, compared to a flighty "Frances Ha"?

I love that movie! I think it's different because women are different. One story in Brooklyn is different from another story and it doesn't have to be scarce. It's important to give different people an opportunity because even telling a story of a romantic comedy set in Brooklyn, if a Latina did the movie, it would be different from if I did it.

jessica Williams stars in "The Incredible Jessica James," now on Netflix. PROVIDED

GETTY

On your podcast, you talk about dating a white guy and you joke about "white peen." Does making light of interracial dating help diffuse the awkwardness that some people (unfortunately) still feel about it?

On my podcast we joke a lot about having white baes because since we met each other that's kind of what we've both had. I know for me growing up I always heard, "You're going to date a white guy," and so there was such a stigma to it. It's fun to take that back and be like, "Yeah, I guess I do date white dudes." But also, we'll date literally anybody. [Laughs] They just need to be cool. That's the policy.

What's your experience dating in Brooklyn?

I met my current boyfriend by walking outside and he was there. I was like, "Cool." But I have other friends who have dated successfully through Tinder, and others who have met at parties through friends of friends. There's no wrong way to eat a Reese's.

You live in Clinton Hill. What are your favorite hangs?

I love this pizza place Emily, I go there and get the Colony. Hanson Dry, the bartenders there are wonderful. I like to get fried pickles at Sisters, they're delicious. I don't go farther than two blocks from my apartment. That's kind of a beautiful evening for me. [Laughs]

Anika Noni Rose on 'Power,' Twitter and Trump

Spoilers ahead for last night's explosive episode.

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Anika Noni Rose's badass Jukebox was a "challenge" for the veteran actress. STARZ

GETTY IMAGES

If you watched last night's episode of "Power," then you know that Anika Noni Rose's villainous Jukebox has met her end. "I didn't know the arc beforehand," Rose says over the phone. "But thankfully Courtney [Kemp, executive producer of "Power"] gave me a call ahead of time to let me know that it was happening, and that it wasn't about me or the quality of my work."

Since season three, the 44-year-old has portrayed the menacing dirty cop with a frightening intensity, a big change from earlier roles like Tiana — the first black Disney Princess — in "The Princess and the Frog." "I'd never had the chance to play a character like [Jukebox] before. "It was a nice challenge."

Rose has steadily built a solid acting career over the years, with roles that revel in the black perspective — from a breathtaking turn in "A Raisin in the Sun" on Broadway to HBO's "The No. 1 Ladies Detective Agency." "Sometimes it is intentional, and sometimes it's just about the business," she says. "There are some roles that I turn down because they just don't resonate with me personally."

The role of Jukebox, then? Definitely resonated. "Jukebox wouldn't consider herself as evil per se," Rose says. "She sees herself as someone who is tough, but not really a villain. She is the way she is and I felt like I knew her." And as far as researching dirty cops for the role goes, Rose quips, "we have plenty of examples in the news."

These days, the media is flooded not only with news of cops gone bad, but with political scandals (collusion, anyone?) and legislative turmoil — like the healthcare fight gripping our country right now. "Look at what's happened with [Sen.] John McCain," the "Dreamgirls" star says. "He's someone who has been outspoken about how he thinks his party is going in the wrong direction , and then he [announced last week that] he has a brain tumor."

She continues, "His situation highlights an important issue for our country. He's lucky to be able to get the healthcare he needs, but that might not be a guarantee for every other person in because of what his party is trying to do to healthcare right now." (Editors' note: This interview took place before McCain voted against a Republican attempt to repeal the Affordable Care Act.]

And of course, you can't talk politics without talking about President Trump — or his inability to control his itchy Twitter fingers. Rose herself is a fan of the app, using it as a means to inform and inspire activism among her followers. But she recognizes that the platform is better served for some than others. "I don't think that getting official announcements from someone who is the source of a lot of our fake news is the way that we should be getting them," she says. "I get some of my news on Twitter, but from credible news sources. I don't follow heads of state for news."

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Try several flavors with bite-size treats.

Beckaroos

Cream cheese is king

Becky Rosenthal, the creative force behind the first-ever cream cheese cafe Becky's Bites, tells us why she's a true believer. **EVA KIS**

Savory and sweet treats from Becky's Bites **ALL PHOTOS PROVIDED**

We love cream cheese on bagels and cheesecake wouldn't exist without it, but the list pretty much ends there. Not for Becky Rosenthal, who's opening New York City's (and, likely, the world's) first-ever bakery featuring cream cheese in every bite.

"I realized cream cheese was a palette that had not been looked at in this light before," she says, sounding more like an artist than a baker.

The all-cream cheese concept sprang from a late-night craving, as many great food ideas do. Wanting something indulgent and quick, she "started playing around with ingredients," Rosenthal recalls. The resulting chocolate-covered whipped cream cheese balls — think a rich bonbon — became her signature dish and started her thinking: What else can cream cheese do?

Turns out, so many things that she's opened Becky's Bites at 122 E. Seventh St. in the East Village. Unlike more common ingredients like ricotta or heavy cream, cream cheese opens up a whole world of dessert possibility.

"Cream cheese has the versatility of being a core ingredient for breakfast, for lunch, for a snack, for dessert," Rosenthal explains.

Becky Rosenthal

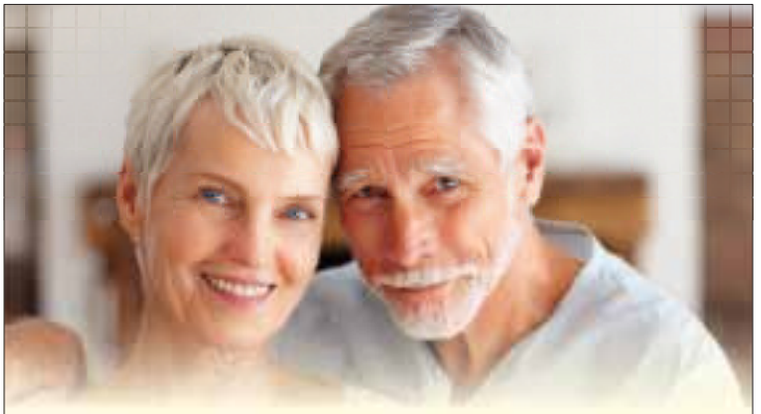
"You can whip it, bake it, and use it in so many sweet and savory applications that the possibilities are really endless!"

The savory and sweet menu uses cream cheese made in the Hudson Valley and features bite-size options like cream cheese tarts and cookies sandwiched with cream cheese filling, as well as parfaits, her take on the '90s bag lunch classic Dunkaroos called Beckaroos and s'mores with graham crackers dipped in toasted marshmallow-chocolate chip cream cheese.

Because you can't have a shop dedicated to cream cheese without its natural pairing, Becky's will also serve bagels (and coffee). Its range of shmears read more like frosting though: cookies & cream, peanut butter, chocolate strawberry, Funfetti cake and a few seasonal flavors plus a flavor of the month.

And forget that it's summer — you should line up now for the hot chocolate topped with what must rank among the noblest achievements of food science: cream cheese whipped cream. "It's very light and fresh, but definitely has an indulgent hint of sweet cream cheese frosting," she says. "It enhances the whole hot chocolate experience."

The curious can watch the magic happen in the tiny shop's open kitchen. Becky's Bites is open daily, until midnight Thursday through Saturday. Note that there are no tables, so you'll have to get your treats to go.



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Pell Grants make student debt more manafeable ISTOCK

How to get Pell Grant money to pay for college

Here's what you need to know. **ANNA HELHOSKI**

NerdWallet is a personal finance website.

Seeing the words "free money for college" might set off an alarm that you're being baited for a phony come-on or scam. But unlike marketing ploys, Pell Grants are a very real way to get federal money for college that you generally don't have to pay back. Here's what you need to know to get this free money — and keep it.

Understand the basics

The Pell Grant is a need-based financial-aid program from the federal government that is designed to help undergraduates from low-income families afford college. Grants don't require you to pay any money back and don't carry interest, unlike loans. Your eligibility and the amount you receive is determined by your financial need based on information you provided in the Free Application for Federal Student Aid (FAFSA).

The federal government changes the maximum award amount every year. The 2017-18 maximum is $5,920, $105 more than in 2016-17. All eligible students receive at least 10 percent of the maximum award amount for the year, depending on financial need.

Confirm that you qualify

To qualify for a Pell Grant, you must be a U.S. citizen currently or soon to be enrolled as an undergraduate. If you've already earned a bachelor's degree, you can't get a Pell Grant to pursue another bachelor's. However, Pell Grants are available to students enrolled in post-baccalaureate programs to become teachers.

Your eligibility will also depend on your expected family contribution, the cost of your college, and whether you're attending part-time or full-time.

Apply every year using the FAFSA

If you want a Pell Grant or any other form of financial aid — including scholarships, work-study and federal student loans — you'll need to submit the FAFSA. For the 2018-19 school year, you'll have until June 30, 2019, to file, but it's best to submit as close as possible to the Oct. 1, 2017, start date to increase your chances of qualifying for the most aid money.

Pell Grants by the numbers

- **33%** - Undergraduates who received federal Pell Grants in 2015-16
- **$3,724** - Average federal Pell Grant per recipient in 2015-16
- **Less than 30%** - Cost of college covered by the maximum federal Pell Grant in 2017-18

Estimate your Pell Grant award before you enroll

Knowing how much aid you qualify for can help you decide where to attend college. To find out how much Pell money you might receive, use the FAFSA Forecaster tool available on the Federal Student Aid website. It's a fairly accurate tool for Pell Grant seekers because it bases its predictions of federal aid on your EFC, which is what the Pell Grant program also uses for eligibility.

But the tool won't tell you about institution or state-based aid, and it's not a reliable predictor of any work-study you may be eligible for. You may also want to talk with the financial-aid counselor at your intended school to help you estimate Pell as well as other aid you may qualify for.

Accept the grant

The financial-aid-award letter you get from your school will detail all the aid you're eligible for, including Pell. The funds from a Pell Grant generally are disbursed directly toward tuition, fees and, if applicable, room and board. Leftover money typically is paid directly to you. You can receive Pell Grants for only 12 semesters, or six years. Contact your college to find out how you'll get your Pell Grant aid.

Make sure you won't have to repay your grant

To keep your Pell Grant, you must meet a few conditions. You'll need to maintain enrollment in an undergraduate course of study at a U.S. school. You could lose all or part of your grant if your enrollment status changes — say, if you switch to part-time from full-time. Or, if you receive outside scholarships or other grants to pay for school after you accept the grant, your financial need would be reduced and you'd need to repay any Pell Grant money you'd received.

Your school will notify you if you must repay part of the grant. From there, you'll have 45 days to pay unless you make another arrangement with your school. That's crucial: If you don't repay or make an arrangement, you'll lose your eligibility for any federal student aid in the future.

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How to be a girl boss entrepreneur

And create a kick-ass side gig.

SARA FEINSTEIN
@SaraBFeinstein
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Working as an office administrator pays the bills, but if sitting at a computer answering the phone isn't lighting your creative fire, you can feel stuck. Maybe you've always wanted to start a fashion line or catering business, but didn't know exactly how to transform the idea into action.

You're not the first person who's bided her time in a dead-end gig while dreaming of something else. So, before that placeholder job becomes a resentment-filled rut, check out these tips from "Girl Boss" author Stacey Kravetz, who's mastered making the leap from 9-to-5 grind to self-starting entrepreneur.

Make a passion plan

Finding an entrepreneurial project to pursue it simple, says Kravetz. All you have to do is follow the ideas that consume your mind when it wanders. "If you should be working on your big project for school, but instead you find yourself taking breaks, googling Etsy and looking at the ways that people are designing, painting and marketing ceramic mugs and bowls — that's the thing that you should think about turning into some sort of business," she explains. After all, you have to start by loving it.

Build an authentic brand image

Your brand's identity should be shaped around what's authentic to you. "If on social media you like to post funny observations you make about things going on in the world, and people start to gravitate toward you because they like your sense of humor, then you should use that same sense of humor when you're marketing your business," explains Kravetz."You don't want to feel like you're posting the same thing over and over, saying, 'Here's my jewelry company, look at my product.' " Instead, if you're at a fair with a group of people selling your hand-crafted necklaces, upload a picture from the scene, says the expert. Maybe you have a drink in your hand, or you're wearing a nice floral outfit, "you want your audience to say, 'Oh, she drinks iced' or, 'Look, she's wearing a cute dress,' " says Kravetz. "You want them to see that slice of personal."

Fake it 'til you make it

It's not uncommon when starting a company to end up in a situation where you're asked to do something you've never done before. Even if you haven't got a clue about where to begin, "a lot of the times you have to just say 'yes I can do it—no problem,' and then figure it out from there," says Kravetz. If a potential sponsor is asking you to write up a business plan and you're not even sure what that is, "just go online and look at examples," says the expert. "Nobody has to know that you didn't know it going in the door." What's more important is that you use whatever resources you have available to you to make it work.

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Marshall loving combo with OBJ

A big reason Brandon Marshall is with the Giants is because of Odell Beckham.

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Brandon Marshall and Odell Beckham Jr. will be Eli Manning's top two targets this season. GETTY IMAGES

117

NUMBER OF COMBINED CAREER TOUCHDOWNS FOR GIANTS WIDE RECEIVERS BRANDON MARSHALL AND ODELL BECKHAM JR

Brandon Marshall didn't just come to the New York Giants for the chance to make the playoffs and win the Super Bowl. He also came to play with Odell Beckham Jr., arguably the top wide receiver in the league.

It is either going to be magic and poetry in motion or the biggest powder keg in league history. Marshall with his strong personality and Beckham, ever an off-the-field distraction… nothing could possibly go wrong. Right?

On the field, the idea makes a lot of sense. The duo of Beckham and Marshall figures to be one of the best tandems in the NFL, if not the best. With the Giants' slow-to-start offense a season ago, the team now has some real playmakers at wide receiver for quarterback Eli Manning and head coach Ben McAdoo to utilize.

They figure to help a unit that overwhelmed last year and faded in certain games, finding it hard to move the ball consistently and punch it into the end zone. There truly are no excuses now with Marshall joining Beckham this offseason via free agency.

"Absolutely, that's why I came here, because of him," Marshall said Saturday, referring to Beckham. "I'm tired of getting double coverage in the red zone. I'll let him freakin' carry all the weight."

While Marshall had an understandably down season for the putrid Jets in 2016, he still is just a full year removed from a 1,000-yard season. He's been relatively healthy and still boasts good production.

His frame and playmaking ability, even at 33-years-old, will be counted upon to help a Giants team that was bottom-third in the league in red zone offense. Even more worrisome, they were second to worst in the league in red zone scoring percentage over the season's last three games.

What it comes down to for the Giants is sharing the ball. Beckham will undoubtedly get his fair share of balls as will Sterling Shepard, who showed flashes in the slot last year. While Marshall gave support to being here - not for personal reasons to pad his statistics - but to actually win, he seems to genuinely admire Beckham. And Marshall is in Beckham's corner when it comes to contract negotiations. This past week, Beckham had come out and said he wants to be the game's highest paid player.

"I think anything that happens in New York, you get a lot of attention. You sit in the cafeteria and the New York Giants are always on NFL Network and ESPN. It's one of the things where you have to deal with it," Marshall said. "If you want to be a good player in New York, if you want to be a great team in New York, you have to be able to ... and Coach McAdoo, he said it twice already in camp. 'Enjoy it, it's a blessing.' You look out and you see this amazing skyline in New York City, but you can't let that stuff overwhelm you. Odell obviously is the best player in the NFL, and he's going to get a lot of attention on and off the field. You have to be able to deal with that as well because he's not even a superstar, he's a rock star. It's something that our NFL has never seen before. This guy's a global icon at the age of what, 24 or 25?"

Fantasy football: The top five Giants heading into 2017

The Giants' offense has been reloaded in 2017 with familiar faces like Odell Beckham Jr., and Eli Manning joining forces newly acquired Brandon Marshall and rookie tight end Evan Engram. Package that with second-year running back Paul Perkins, expected to carry the load on the ground, and there are some potentially explosive fantasy points to be had.

1. Odell Beckham Jr., WR
Beckham will be off the board in the first half of the first round, and with good reason. He's been among the most reliable fantasy football wideouts over the last few seasons and has been able to stay healthy and on the field. In 2016 he caught over 100 passes for 1,369 yards and 10 touchdowns. He's worth taking somewhere between No. 4 and No. 7 overall in your draft.

2. Sterling Shepard, WR
Shepard had an above average rookie year, thanks of course to having Manning tossing bullets to him, and he scored eight touchdowns as the Giants' third option on offense. His stock could be hurt by the acquisition of Marshall, but his youth and the fact that Manning can spread the ball around makes him worth an early-to-mid round pick up.

Eli Manning is still a solid fantasy option at QB. GETTY IMAGES

3. Eli Manning, QB
Manning threw for 26 touchdowns and more than 4,000 yards last year — a feat that has become routine among even average NFL quarterbacks. If you miss out on the top-tier guys, Manning could prove to be a steal in a later round but dont be surprised if he throws for 16 or more interceptions again in the 2017 season.

4. Paul Perkins, RB
Perkins didn't get a lot of work last season behind Rashad Jennings and Shaun Draughn as a rookie, but he appears to be the budding No. 1 running back and in a fantasy landscape that demands at least three or four potent backs on each squad, Perkins should be off the board in a mid-to-late round.

5. Brandon Marshall, WR
Marshall should be drafted by most if not all leagues due to his track record and his pairing with Manning on the New York passing offense, but he's dropped off in recent years catching just three touchdowns last year. That was, however, with the Jets.

Will he rebound in the other locker room at MetLife Stadium?

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✓ *A free medical evaluation*
✓ *Free treatment with an experimental medication*

Call us at **646-774-8655**
if you would like to learn more or participate.

Are you or a loved one suffering from Alzheimer's disease?

NYSPI IRB Approved 3/10/2017 -> 3/3/2018

Free Treatment for individuals ages 55-95 with Alzheimer's disease who have symptoms of Agitation or Aggression

In this research study, eligible participants will receive free:
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12 weeks of study treatment with subsequent follow up

A caregiver needs to be involved during the research study period

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institute of Health.

Columbia University Medical Center

Have you recently been diagnosed with

Obstructive Sleep Apnea?

You may be eligible to participate in a research study!

Where: Columbia University Medical Center

Who: If you…
- are between 18 - 65 years of age
- have a body mass index > 25 kg/m2
- were recently diagnosed with Obstructive Sleep Apnea
- planning to use continuous positive airway pressure (CPAP)

Duration:
- 9 weeks
- 2 periods of 1 day spent in the laboratory

You will be asked to use a CPAP machine at home, each night for 8 weeks. We will measure your sleep, physical activity, and food intake before and after treatment.

Your participation will help us better understand the impact of sleep and CPAP treatment on body weight control.

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Please email **as4874@columbia.edu** or **call** 212-342-4487 for more information.

Columbia University IRB

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Local doctors are conducting a research study to evaluate eluxadoline, a medication that has been approved to treat Irritable Bowel Syndrome with Diarrhea (IBS-D) in adults. The purpose of this study is to understand the safety and effectiveness of eluxadoline in people with IBS-D who report that prior use of loperamide (Imodium) did not provide adequate control of their symptoms.

To pre-qualify for this study, you must:

- Be 18 to 80 years of age
- Be diagnosed with IBS-D or have a history of abdominal pain and diarrhea consistent with a diagnosis of IBS-D
- Have used loperamide (Imodium) in the prior 12 months, and use of loperamide did not provide adequate control of your IBS-D symptoms

All study-related visits, tests and treatments will be provided at no cost. In addition, compensation for study-related time and travel may be provided.

To learn more, please contact:

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NOTICE IS HEREBY GIVEN that a license, Number TBA, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1070 1st Ave., New York, NY 10022, for on premises consumption. Pink Moose LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1302760, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 58-05 31st Ave., Woodside, NY 11377, for on premises consumption. La Chiflada NYC LLC d/b/a La Chiflada NYC.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT COUNTY OF QUEENS THE BANK OF NEW YORK MELLON TRUST COMPANY, N.A., AS FHA QUALIFIED TRUSTEE FOR THE RECAP LIQUIDATING TRUST, Plaintiff, Index No. 14065/2013, Against WARREN JOSEPH A/K/A WARREN JOSEPH, WENDELLA JOSEPH, ET AL., Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Queens County Clerk's Office on 04/25/2017, I the undersigned Referee, will sell at public auction, at the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY in Courtroom #25 on 8/25/2017 at 10:00am, premises known as 148-05 115th Avenue, Jamaica, NY 11436, and described as follows: ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York and designated on the tax maps of the Queens County Treasurer as Block 11979 and Lot 37.
The approximate amount of the current Judgment lien is $583,637.11 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 14065/2013. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney.
KERRY KATSORHIS, Esq., Referee.
Leopold & Associates, PLLC
80 Business Park Drive
Suite 110
Armonk, NY 10504
Dated 2/2/2017

SUPREME COURT COUNTY OF QUEENS
CHRISTIANA TRUST, A DIVISION OF WILMINGTON SAVINGS FUND SOCIETY, FSB, NOT IN ITS INDIVIDUAL CAPACITY BUT AS TRUSTEE OF ARLP TRUST 3, Plaintiff, against JOSE GERARDO RENGIFO A/K/A JOSE G. RENGIFO, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on May 31, 2017. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 11th day of August, 2017 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate lying and being in the Borough and County of Queens, City and State of New York. Said premises known as 148-22 59th Avenue, Flushing, N.Y. 11355. (Block: 6424, Lot: 50).
Approximate amount of lien $934,127.96 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 709091-14.
Lawrence M. Litwack, Esq., Referee.
McCabe, Weisberg & Conway, P.C.
Attorney(s) for Plaintiff
145 Huguenot Street, Suite 210
New Rochelle, New York 10801
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NOTICE IS HEREBY GIVEN that a license, Number 1301440, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 640 Prospect Ave., Bronx, NY 10455, for on-premises consumption. J&J Prospect Corp.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 53-21 Metropolitan Ave., 1st Floor, Ridgewood, NY 11385. Queens County, for on premises consumption. East Coast Burgers Inc.

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NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer & Liquor has been applied for by the undersigned to sell Beer & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 1710 2nd Ave., New York, NY 10128. New York County for on premises consumption. Julio Alvarez, TJ Alvarez Corp. d/b/a Il Carino Restaurant.

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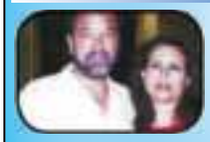

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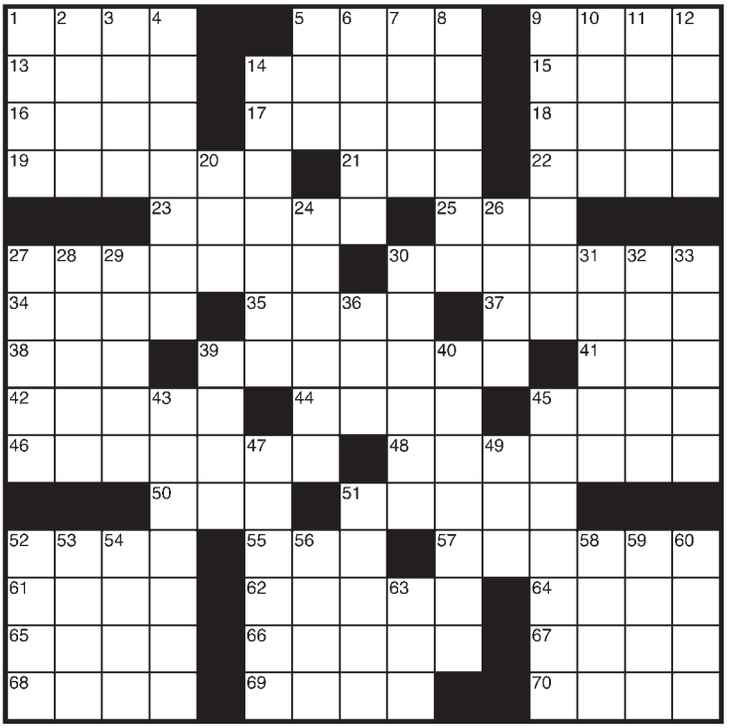
Across

1 Pizza crust option
5 Narcissist's concern
9 Racetrack shape
13 Lacking refinement
14 Final tally
15 Go by bus
16 Beside oneself
17 Get acclimated
18 Source of feta cheese
19 Took a sampling of opinions
21 Family man
22 Beggar's cry
23 Slur words
25 Thug's piece
27 Tow truck
30 Car or bus
34 To the -- (fully)
35 Bone-dry
37 Barracuda habitat
38 Sherbet
39 Loyal
41 Banned bug spray
42 Doctrine
44 Woodlands grazer
45 Not tanned
46 Pencil ends
48 More anxious
50 Audit ace
51 Pistol-packing
52 Broad bean
55 Crocodile feature
57 Rang out
61 Now!
62 Bowie's last stand
64 Winter Olympics event
65 Descartes' first name
66 Long-legged bird
67 Verve
68 Make less difficult
69 Sunflower product
70 Fizzled fireworks

Down

1 Golf hazard
2 Quasimodo's creator
3 Adored one
4 Forget to do
5 Family member
6 Piano exercise
7 Superman's mother
8 Grow plumage
9 Pesticide-free
10 Strad
11 "Waterboy" Sandler
12 Certain Wimbledon calls
14 Neatest
20 Horned bugler
24 Is frightened of
26 Oops! (hyph.)
27 Chess side
28 Kitchen gadget
29 "Maria --"
30 Facade
31 Hot-tub material
32 King-sized spoon
33 PC key
36 Reproach oneself for
39 Porch adjunct
40 Mountain climber's aid
43 Fugitive
45 Rode a bike
47 Ranis' spouses
49 200 fins
51 Not in a fog
52 Ticket price
53 Aboard ship
54 UPS trucks
56 Toward shelter
58 Corker
59 Victorian oath
60 Cozy rooms
63 Trendy



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easy

	1				7			
			9		4		5	
9		3			2	1		8
6					5	9	8	
	8						4	
	9	5	1					7
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	7		4		6			
			2				6	

hard

3	6	8						1
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		4	5					
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	3						6	
7		1	2		6			5
					2	4		
			1	7		9		
8						2	5	7

metro.us/horoscopes

Aries Get involved in activities that require energy and enthusiasm. Your potential will be impressive and will attract an influential someone to your cause.

Taurus Acceptance and a willingness to work alongside others will help you avoid an argument. Patience and an expressive point of view will keep you moving forward.

Gemini You can bring about change, but check the details thoroughly before you do so. Knowing what you are up against will help you navigate your way.

Cancer An innovative approach to a job you are asked to do will result in recognition. Keep your distance from anyone who tends to be a poor influence.

Leo Settle into a pattern or routine that will help you secure your position and cement your plans. Don't allow an emotional situation to sidetrack you.

Virgo Being practical is good, but don't limit what you can accomplish for fear of trying something new or using unusual ideas to reach your goals. Romance is highlighted.

Libra Stop talking and start doing. Take the initiative and make a difference. Overreacting or being indulgent won't work out well. Aim to stabilize, not to disrupt, your situation.

Scorpio Step away from a stressful situation and put your time, energy and effort into a relaxing, creative pursuit or something that will contribute to greater self-awareness.

Sagittarius Maintain secrecy when it comes to personal information, passwords or your financial status. Someone is likely to go behind your back to manipulate you.

Capricorn Listen to good advice. Back away from anyone who tends to be indulgent. Surround yourself with people you know you can trust and who share your views.

Aquarius Don't leave anything to chance when it comes to relationships. A misunderstanding will result in a stalemate if you aren't explicit regarding your point of view.

Pisces Changes at home will encourage you to put greater effort into your appearance and health.

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Yesterday's answers

P	E	S	K	Y		H	O	D	S		F	L	I	T
A	D	I	E	U		A	L	I	T		O	A	F	S
L	I	T	E	R		H	E	A	R		R	I	F	E
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